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T H E
CANNING AND PRESERVING
of FRUITS AND VEGETABLES
IN THE HOME



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Foreword

Tuskegee Institute, Alabama.

May Seventh,

Nineteen Hundred Twelve.

I especially endorse all that Professor Carver has said in the enclosed circular and urge colored farmers throughout Macon County to put into practice what he has suggested.

BOOKER T. WASHINGTON, Principal.

The Canning and Preserving of Fruits and Vegetables in the Home

The opening of the fruit and vegetable season is here now. Every year it is painfully apparent that fully two-thirds of our fruits and tons of vegetables go to waste. These, with a little effort in the direction of canning, preserving and drying, can be converted into nutritious and palatable dainties, sufficient to last throughout the winter and spring months.

Preparation

An ordinary iron or tin wash boiler, with a heavy wire or slatted bottom, will answer the purpose for cooking. Thoroughly clean the jars; fill; place them in the cooker so that they will not touch each other; pour three or four inches of water in the cooker; put on the cover, and steam briskly the length of time necessary for the particular fruit or vegetable you are canning.

Methods

Corn

1. Sheer off the grains with a sharp knife; pack the jars or cans full; salt to taste; fill them up to the top with cold water; put on the rubber rings, and screw on the tops loosely; keep the water boiling for one hour; remove the cover of the boiler, and screw down the caps. On the second day loosen the caps, and boil again for one hour. Seal again, and repeat the same the third day. They may now be permanently sealed and placed in a cool, dry, dark place.

2. Thoroughly cook the fruit or vegetable in a granite or porcelain-lined kettle; remove the cans or jars from the boiling water; fill and seal at once.

They often keep admirably in this way, but the flavor is never so fine or the appearance so attractive.

String Beans

String, top, and tail exactly as for cooking; pack tightly in the jars or cans, and treat the same as for corn.

Okra

(Use only tender okra)

Wash in cold water; cut off the stems and tips; leave whole or split as desired; treat the same as for corn.

Egg Plant

Peel and cut into cubes or slices about an inch thick; drop in boiling water for 15 or 20 minutes; pack in jars or cans, and treat the same as for corn.

English Peas and Lima Beans

Shell; wash in cold water, and treat the same as for corn. (Follow the same process for lima beans).

Asparagus

Take the nice tender tips; wash in cold water, and treat the same as for corn.

Parsnips, Carrots, Pumpkins and Squash

Wash, peel, and grate; slice or cut in discs (squares); fill the cans, and treat the same as for corn.

Tomatoes

Take nice, ripe tomatoes; dip them in boiling water for a few minutes; immediately plunge into cold water; remove the skins; fill the cans, and treat the same as for corn. Two tablespoons of sugar to the half-gallon will improve the flavor.

Beets

Wash young, tender beets; prepare the same as for cooking; cook until done; remove the skins; cut in thin slices, pack into the jars, and treat the same as for corn. If a pickle is desired, mix equal parts of good vinegar and water, sweeten to taste, and cover the beets with this mixture instead of water. (Use only glass jars where vinegar is used).

Sour Krout

Take a clean keg, barrel, or jar; select good, firm cabbage heads; remove the outer leaves; wash and quarter as for cooking; shred with a spade, sharp knife, or slaw-cutter until very fine; rub the sides and bottom of the vessel with salt; put in a two or three-inch layer of shredded cabbage; pound down with a wooden pestle; another layer of cabbage and salt, pounding as before; continue this process until the vessel is as full as you desire; cover over with cabbage leaves, and weight down with a heavy weight; make a weak brine of salt and water, and cover the cabbage; use just a trifle more salt than for cooking; tie a thin cloth over the vessel to keep out worms; put in a cool, dry place.

Sweet Potatoes

Select medium-sized potatoes; boil until two-thirds done; scrape off the skins; cut (if too large for the cans) into thick slices or strips; pack in the jars or cans tightly; cover with a thin syrup of water and sugar (1 1-2 pounds of sugar to 1 gallon of water); treat afterwards exactly as for corn.

Blackberries

In all cases where cans or jars are used they are to be thoroughly cleaned.

Use—

12 parts blackberries
2 parts sugar

Pack tightly in jars, and cook the same as for corn.

Huckleberries

Take—

12 quarts berries
1 quart sugar
1 pint water

Put water, berries and sugar in the preserving kettle; heat slowly; boil 15 minutes, counting from the time contents of the kettle begin to bubble; pour in hot jars, and seal at once.

Grapes, Muscadines and Scuppernongs

Take—

6 quarts grapes
1 quart sugar
1 gill water.

Squeeze the pulp of the grapes out of the skins; cook the pulp five minutes, and then rub through a sieve fine enough to hold back the seeds; put the water, skins and pulp into the preserving kettle, and heat slowly to the boiling point; skim the fruit, and add the sugar; boil 15 minutes, pour into hot jars, and seal.

Peaches

Take—

8 quarts peaches
1 quart sugar
3 quarts water

Put the sugar and water together; boil and skim; pare the peaches; cut in halves; remove the stones unless you wish them whole; put in the preserving kettle; cover with the hot syrup; gently boil for fifteen or twenty minutes, skimming carefully; place in hot jars; cover with the syrup, and seal.

Treat plus the same as peaches, but double the quantity of sugar. The skins and seeds need not be removed.

Strawberries

Can the same as for blackberries; skim out the berries; put in hot jars; boil down the syrup thick and pour it over them; seal and set in a cool place.

Pears and Apples

Treat exactly the same as for peaches; if they are hard, boil until tender.

In canning fruit no sugar need be used at all, but it makes a much choicer product where it is used.

Drying Fruits and Vegetables

Corn

Corn is delicious when dried. Take tender roasting ears; steam until nearly done: cut from the cob with a sharp knife; spread thinly upon boards or dishes; put in the sun to dry. If the tops of the grains are shaved off and the pulp scraped out, leaving most of the husk on the cob, it makes a much finer product. In cooking, it should be soaked for an hour or two in cold water before the final cooking.

CAUTION.—In drying any fruit or vegetable, wire screens, mosquito netting, etc., should be stretched over a suitable frame to keep off the flies.

Okra

Steam until two-thirds done; split in quarters the thickest pods, and dry the same as corn.

Pumpkin

Peel and cut in discs about an inch thick or in thin slices; spread in the sun to dry. Soak several hours in cold water before cooking.

Apples

Peel, quarter, and core the apples; spread in the sun to dry.

Peaches and Pears

Prepare the same as for apples.

Peach Leather (delicious)

Take over-ripe peaches; peel, seed and mash the flesh to a pulp; spread on platters, and dry in the sun or oven.

Strawberry Leather (delicious)

Made the same as peach leather.

Jellies

Put the fruit in a stone jar placed in a boiler of hot water. When fruit is sufficiently softened strain through a thin muslin bag; place juice in a preserving kettle, and allow one pound of sugar to a pint of juice (1 1-8 of a pound if the juice is very sour). While heating juice, place the sugar in a dish in the oven; allow juice to boil twenty minutes; add heated sugar; let all come to a boil and remove from the fire; having scalded glasses, pour them brim full and allow to stand in the sun for a day or until the jelly is thoroughly set; cover with melted paraffin or with tissue paper saturated with brandy.

Pickles

Cucumbers, small, green cantaloupes, citron, watermelon rinds, green beans, cabbage, green tomatoes, etc., may be packed down in brine (salt and water) made strong enough to float an egg; pack tightly in wooden or stone vessels. When desired for pickles soak in cold water until all the salt is out, and proceed in the usual manner for sweet, sour, or spiced pickle.

The above are only a few of the many ways in which fruit may be kept by canning, preserving, drying, etc. The thrifty housewife will readily see from the preceding suggestions how she can make many delicious and nutritious things not even mentioned here.

Prepare Now for the Macon County Fair this Fall

It is none too early to begin now to prepare exhibits for the Macon County Fair this fall which promises to be the largest and best in its history.

If we all pull together we can make Macon County the banner county of the State and possibly win one or two of the grand cash prizes.

For the Agricultural Exhibit

Save large quantities of your best hay, oats, corn, peas, peanuts, sorghum, cotton, cotton seed, cotton stalks, sugarcane, pumpkins, etc.

Be sure that all the above exhibits are suspended from the ceiling or rafters of your barn, boxed or crated, or in some way kept free from mice and rats.

Farm Animals

Select now the animals you wish to exhibit such as horses, mules, cows, hogs, chickens, goats, sheep, etc., and give them special care in the way of feed, rubbing, currying, etc.

Vegetables

For this exhibit save a considerable quantity of the best of all your garden products. That which you cannot keep in the above ways; manage to have it growing in the garden at the time.

Canned Fruits and Vegetables

Follow the methods laid down in this pamphlet, and save a generous quantity of everything to put on exhibit.

Woman's Department

It is recommended that special stress be laid on this department, and that all kinds of sewing, from the plainest gingham cook apron and a plain calico dress to the elaborate ball room or party gown, be exhibited; also all kinds of embroideries, laces, tatting, crocheting, drawn work, bead work, shuck mats, home made soap, pieces of hand made furniture and upholstery, etc.



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Now is the time to begin practicing for the best cakes, pies, puddings, breads, meats, fish, fowl, beans, etc. So that you will be ready when the time comes to have a large and attractive exhibit.

Arts

Prepare to put on exhibition some fine specimens of drawing, paintings, etching, carving, etc. Arrange to have beautiful potted plants and cut flowers to display at that time.

Education

Save all kinds of school work, both the academic and the industrial, in all of its phases.

Mechanical Work

In this department anything along the line of home made wag-
ons, buggies, farm implements, harness, household furniture, hoe
and axe handles, baskets, horse collars, wheelbarrows, etc.

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